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June - Aug. • 2006

Central District Health Department

Medical Reserve Corps

Emergency Preparedness Exercises

June Strategic National Stockpile Exercise

The Central District Health Department (CDHD) **Medical Reserve Corps** (MRC) needs volunteers to participate in a public health emergency exercise involving the **Strategic National Stockpile (SNS)**, June 26th and 29th, in Mountain Home. The SNS is a federal program managed by the Centers for Disease Control and Prevention (CDC) designed to get medicine and medical supplies to any community in the US quickly in response to a natural or man-made disaster.

On **Monday, June 26th**, thirty volunteers are needed for a **Decontamination Exercise**. "Volunteers will get wet (with water) and will need to bring a dry set of clothes to the event," according to Joca Veloz, Medical Reserve Corps Coordinator, at CDHD. This event will be held in the K-Mart parking lot, 2800 American Legion Blvd., in Mountain Home.



On Thursday, June 29th, **800 volunteers are needed for a Point of Dispensing (POD) Exercise**. This event will be held at Mountain Home Junior High, 1600 East 6th South, in Mountain Home. In an actual public health emergency, it may be necessary for the health district to dispense medications to thousands of people in a short time frame. The 800 volunteers needed on June 29th will be processed through the POD and receive simulated medications.

To volunteer for one or both events, please register online at www.cdhd.idaho.gov or contact Joca Veloz at Central District Health Department, (208) 327-8597.

A SPECIAL THANKS to the Medical Reserve Corps Volunteers who generously participated in the April 22, 2006, Full-Scale Immunization Exercise



The exercise at CDHD was conducted in conjunction with the health district's annual Children's Immunization Day. The exercise was great preparation for our upcoming Strategic National Stockpile Full-Scale Exercise, which will take place in June 2006 in Elmore County. During the April 22nd exercise, we were able to provide free immunizations to 215 children and validate portions of the CDHD Emergency Response Plan.

CDHD.IDAHO.GOV

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Emergency Preparedness and Readiness

- A PIG IN CHINA -



Avian flu's mortality rate is not the only thing about this flu that makes it so disturbing. "The primordial source of all known flu strains is migrating aquatic birds"⁽¹⁾ and H5N1 is the strain that is causing such a panic. The outer surface of viruses contain two glycoproteins: hemagglutinin (H) and neuraminidase (N). From these glycoproteins we derive the 16 H subtypes and 9 N subtypes of the 'A' strain of flu. Humans are normally only vulnerable to H1, H2, and H3 strains. However, because flu viruses are especially prone to swap genes with other flu strains⁽²⁾, each year we see a "new" strain.

What does all of this have to do with a pig's throat in China? With few exceptions, flu is harmless to birds; but, because a pig's trachea contains receptor sites that are susceptible to both human and avian flu viruses, the bug perpetually mutates and continually finds new ways to infect. In China, pigs, wild ducks, chickens, and humans live in close proximity (piglets sometimes share the landowner's bed on cold winter nights). This cohabitation is a giant Petri dish of growth media that is producing strains of flu that are not only more virulent, but the situation is also more likely to cause another pandemic. Indeed, H5N1 has not only acquired the ability to infect humans, it appears to be jumping species and avoiding swine infection altogether so that the infection can pass directly from birds to humans. H5N1 is highly contagious among poultry, hence the news reports about culling entire poultry operations. The known infections of H5N1 among humans have come from H5N1 infected poultry or H5N1 infected surfaces⁽³⁾.

Research at the University of Wisconsin has shown that H5N1, when injected into mice, replicated in all organs and "virtually dissolved the lungs"⁽⁴⁾. The mortality rate among humans infected with H5N1 is currently 33% in Turkey (out of 12 cases) and as high as 100% in Cambodia and Iraq (out of 8 cases). For more information see the chart in References⁽⁵⁾. Combine this lethality with the fact that we are still working on an effective vaccine, and we begin to understand why the global community is so nervous.

References:

- (1) Drexler, M. (2002). *Secret Agents*. (pp. 171). New York, N.Y.: Penguin Books.
- (2) Ibid. (pp. 172).
- (3) <http://www.cdc.gov/flu/avian/gen-info/avian-flu-humans.htm>
- (4) Ibid. (pp. 180).
- (5) <http://en.wikipedia.org/wiki/H5N1>

National MRC Update

DHHS Medical Reserve Corps Selected as Finalist for National Homeland Security Award

Mitretek Systems and the Ash Institute for Democratic Governance and Innovation at Harvard's prestigious JFK School have selected the Department of Health and Human Services Medical Reserve Corps program as one of the five finalists for the prestigious Mitretek Innovations Award in Homeland Security. This Award seeks to identify, explore, and highlight creative and effective government and public-private partnership solutions-and the leaders behind them-to the nation's homeland security concerns. The criteria for this award assume that the "best practices" to be adopted in the future are emerging from practitioners operating in the field today.

The full story is available on the MRC Web site, News and Events page, at <http://www.medicalreservecorps.gov/HomePage>

Mini Survival Test:



(Circle the correct answer)

1. **Can you recognize symptoms of the “West Nile Virus”?**
 - a. Symptoms include jaundice and diarrhea.
 - b. Symptoms include jaundice and diarrhea, blurred vision, vomiting, and swelling of the head and neck.
 - c. Symptoms include fever, body aches, swollen lymph nodes, and a rash.
2. **When do you bribe a third world policeman?**
 - a. If an officer arrests you, but does not cuff you, he/she expects cash.
 - b. An officer does not cuff you or write you a ticket, but expresses a desire to resolve the problem on the spot.
 - c. Never bribe a police officer.
3. **How do you prevent bacterial growth in water?**
 - a. Add a small drop of antifreeze to every two gallons of water.
 - b. Store the water in the sun.
 - c. Drop silver or silverware into the water.
4. **What are the six “P’s” of survival?**
 - a. Purposeful planning perfects pivotal packing programs.
 - b. Proper prior preparation prevents poor performance.
 - c. Positive prudent protocol perfects people’s plans.
5. **Can you recognize exposure to “Nerve Gas”?**
 - a. Symptoms include hallucinations, chills, and boils on the skin.
 - b. Symptoms include contracted pupils, runny nose, and blockage of air passages.
 - c. Symptoms include forgetfulness and pain in the groin, fingers, and toes.
6. **How do you preserve a severed toe for reattachment?**
 - a. Put the toe back in place, wrap it tightly in sterile gauze, and go to a hospital.
 - b. Pack the toe in ice and go to the nearest hospital.
 - c. Put the toe in a container of cold water and go to the nearest hospital.
7. **How can you sense you are about to be struck by lightning?**
 - a. Your ears ring and your mouth becomes dry.
 - b. Your toes curl and your nostrils flare.
 - c. Your skin tingles and your hair feels like it is standing on end.
8. **How can you fend off a man-eating tiger?**
 - a. Wear a facemask on the back of your head.
 - b. Rub elephant dung or urine on your clothing.
 - c. Cover your body with crushed garlic; the smell repels tigers.
9. **How can you get skin out of a zipper?**
 - a. Lay the victim on his/her back to remove the pressure of the zipper against the skin. Then unzip it with one quick motion.
 - b. Rub peanut butter or margarine on the zipper and gently jiggle it.
 - c. Take a wire cutter and carefully cut the zipper off.
10. **How can you catch fish without fish hooks?**
 - a. Lie very still in shallow water with your head extended, grabbing the fish that swim by.
 - b. Remove your pants and tie a knot in the end of one pant leg. Gently drag them through waist-deep water.
 - c. Tie two ends of a long, forked sapling together to form a circle. Slip a t-shirt over the circle and use it as a net.



Volunteer Registration

Emergency Preparedness
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Central District Health Department (CDHD) has a lead role to respond to natural or man-made public health emergencies or disasters. The Medical Reserve Corps (MRC) program is designed to recruit, train, and develop partnerships that serve the community. Anyone can become a member of the Medical Reserve Corps program; in an emergency CDHD will need a large number of both medical and non-medical volunteers.

Volunteers can contribute their time and talents during an emergency or throughout the year by participating in our training and exercises. CDHD Medical Reserve Corps program serves Ada, Boise, Elmore and Valley counties. If you would like to help your community in times of need, complete and return this form to our office or you can register on-line.

Personal	First Name		Last Name		County of Residency	
	Street Address		City	State	Zip Code	Date of Birth
						__/__/____
	Daytime Telephone		Cell Number		Email (Please Print Legibly)	
	()		()			
Volunteer Interest	Emergency Contact Information					
	First Name		Last Name		Contact Phone Number	
	Which of these specific service categories are you interested in volunteering for?					
	<input type="checkbox"/> Physician Volunteer – performs a range of physician services in an emergency clinical setting. <input type="checkbox"/> Nurse Volunteer – performs clinical evaluations in an emergency clinical setting. <input type="checkbox"/> Pharmacist Volunteer – performs pharmaceutical services in an emergency clinical setting. <input type="checkbox"/> Support Staff Volunteer – performs a wide variety of tasks in an emergency clinical setting.					
	Level of Participation Desired: I prefer to receive notification of:					
Optional	<input type="checkbox"/> Active: All trainings, drills & exercises. Emergency events, as well as non-emergency volunteer opportunities. <input type="checkbox"/> Limited: Training drills and exercises and all emergency events. <input type="checkbox"/> Emergency Only: Major emergency events.					
	CONFIDENTIALITY STATEMENT: As a volunteer I recognize and understand the need and the importance of maintaining the confidentiality of all clients and related information, and do hereby agree to keep that confidentiality.					
	Signature:			Date:		
MRC Contact	Occupation, work and/or volunteer experience:					
MRC Contact	Medical Reserve Corps Contact Information			On-line Registration Information: two option to register		
	Mail to: Joca Veloz, MRC Coordinator, 707 N. Armstrong Pl, Boise ID. 83704-0825 E-mail to: jveloz@cdhd.idaho.gov Fax to: (208) 327-8553			1) CDHD On-line registration: http://cdhd.idaho.gov/Conf/vol.cfm 2) Register through the Idaho Preparedness Learning Management System: Complete application by going into the Volunteer Center https://www.idahoprepares.com		

“Central District Health Department promotes wellness in our communities through education, prevention of disease and disability, and preservation of the quality of our environment.” - Mission Statement

Revision Date: 11/15/2005

Neighborhood Preparedness

Major emergencies or disasters can stretch community resources to their limits. It is estimated that regular emergency services will be overwhelmed and unable to respond to most calls during the first 72 hours following a major disaster, such as a severe earthquake. There may be a large number of people who need help as well as entire neighborhoods that are inaccessible due to damage and debris. This type of damage may prevent first responders from arriving quickly at your location.



If individuals and their neighborhoods are prepared to assist each other during these critical hours, lives can be saved, property can be spared, and emergency services can be freed to respond to the most devastated areas.

Experience shows that neighborhoods that are organized, with critical responsibilities and tasks pre-assigned, can learn to be self-sufficient.

Virtually every major disaster has shown that police, fire, and other emergency support agencies reach their maximum surge capacity during the first 72 hours of a disaster. Consequently, neighborhoods must be prepared to care for themselves for these critical three days. To get more information on how your neighborhood can become better prepared, learn about the Community Emergency Response Team program at: <http://www.citizencorps.gov/cert/>

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. To take a CERT class contact Mary Barlow-Brusse at mbrusse@adaweb.net.

Training Opportunities

On-line Independent Courses from Federal Emergency Management Agency (FEMA)

For those who are interested in Incident Command System Training, the FEMA Independent Study Program has two on-line courses available.

You can take the IS 100 course first and then take one of the two IS 200 courses. Both classes have the same information, only the exercise portion of the test is different. The IS 200 for Single Resources and Initial Action Incidents is targeted at individuals who may have supervisory or management positions.

FEMA Independent Study Program: IS-100 Introduction to Incident Command System
<http://www.training.fema.gov/EMIWeb/IS/is100.asp> **And**

FEMA Independent Study Program: IS-200 ICS for Single Resources and Initial Action Incidents
<http://www.training.fema.gov/EMIWeb/IS/is200.asp> **Or**

FEMA Independent Study Program: IS-200.FW Basic Incident Command System, I-200, for Federal Disaster Workers

Link to FEMA Independent Study Program at
<http://www.training.fema.gov/EMIWeb/IS/crslist.asp>





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Save the Dates July 18, 19, 20

Course Sponsored By CDHD: *Emergency Response to Domestic Biological Incidents – Operations Level*

Description The primary purpose of the course is to assist emergency responders and local government officials in developing a plan of action in dealing with future bioterrorist attacks through an understanding of what a biological attack is, what it can do, and how best to deal with its consequences. Prerequisite: any basic awareness course

Course Objectives The objective of the course is to provide a balanced view of the risks and threats associated with a biological incident and to highlight some of the techniques currently being used to counter the problem.

- Understand the common misconceptions and realities about bioterrorism and how to communicate with the public on these issues.
- Understand the differences among bacteria, viruses, and toxins.
- Understand the difference between infection and contagion.
- Know the most likely bioterrorism agents and how to respond to them.
- Understand which diseases are likely to be fatal and which are likely to be debilitating, and how to reduce the negative effects.

If you would like more information or if you would like to attend, please contact Joca Veloz at 327-8597.